

WORKPLACE BREASTFEEDING SUPPORT IN CALIFORNIA



Breast milk contains essential nutrients needed for optimum infant growth and development.



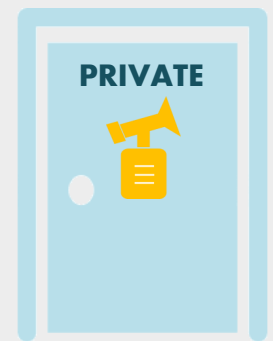
The Surgeon General has called on all sectors of the community, including employers, to protect, promote and support breastfeeding.

Workplace breastfeeding support is required by law



Most women plan to breastfeed, and 2 out of 3 moms return to work. Working moms need support to continue breastfeeding.

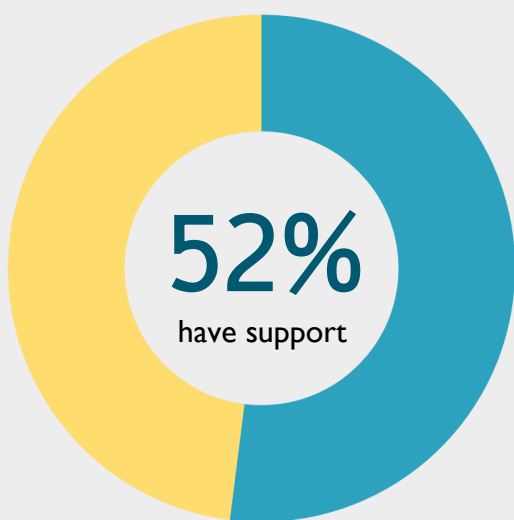
Source: Maternal and Infant Health Assessment (MIHA), 2011



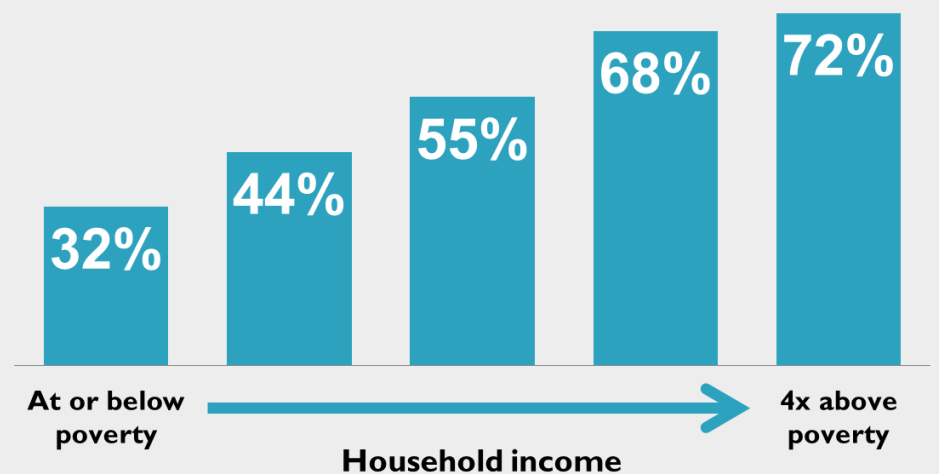
Workplace breastfeeding support includes providing time and private space to express breast milk. Moms need to pump as often as every 2-3 hours.

Not all working moms have equal access to workplace breastfeeding support

Only half of moms have workplace breastfeeding support.



Moms with lower household income are less likely to have workplace breastfeeding support than moms with higher household income.



Moms with support are **2x** more likely to exclusively breastfeed at 3 months.

Source: Maternal and Infant Health Assessment (MIHA), 2011

Improving workplace breastfeeding support

Employers should:

- Develop a workplace breastfeeding support policy that includes time and private space for breastfeeding moms.

Moms can:

- Know their rights. Talk to their employer about maternity leave and workplace breastfeeding support.
- Talk to their healthcare provider about breastfeeding support and getting a breast pump.

For more information, visit www.cdph.ca.gov/breastfeeding.



California Department of Public Health, Center for Family Health. For more information about MIHA, visit www.cdph.ca.gov/MIHA.

Notes: Percentage of moms with workplace breastfeeding support limited to respondents who intended to breastfeed and had or planned to return to a job they held during pregnancy. Impact of workplace breastfeeding support on exclusive breastfeeding only assessed among respondents who had returned to work. Selected icons made by Freepik from flaticon.com.

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